



TEAM NUTRITION IOWA™

e-newsletter

Cabbage Growing Contest

3rd graders nationwide can participate in *Bonnie Plants* 10th cabbage program and win \$1,000 scholarships given to each state winner. Schools that register to participate will receive cabbage plants to distribute to their students to take home and grow. At the end of the growing season, teachers pick a winner based on size, appearance and maturity. The deadline to register is April 1st. Register online and see last year's winners at www.bonnieplants.com.



Eat Smart. Play Hard!



Each issue of Team Nutrition Iowa e-newsletter will bring you information on implementing nutrition and physical activity programs in your school, awareness of upcoming school wellness training opportunities, success stories and ideas from Iowa schools working to promote healthy habits in their students and staff.

We want to hear from you! If there are topics that you would like to see covered in the e-newsletters or you have a success story to share please send them our way! If you would like other staff members from your school to receive this e-newsletter please send us their e-mail addresses and we will add them to our mailing list!

Team Nutrition Co-Directors:

Patti Delger: patti.delger@iowa.gov or 515.281.5676

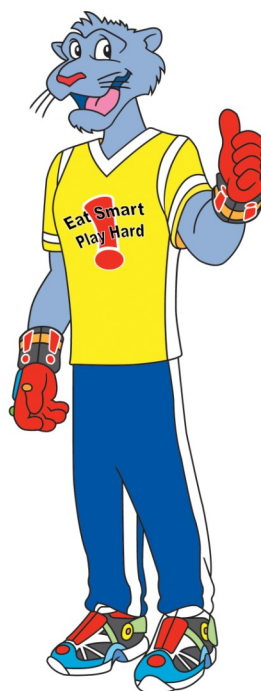
Carrie Scheidel: carrie.scheidel@iowa.gov or 515.281.4758



High School Food Service Surveys

The National Food Service Management Institute has recently release a new resource titled, *High School Satisfaction and Non-Participation Survey Guide*. The guide can aid school nutrition professionals in establishing performance benchmarks and improving their programs based on customer feedback. The results of the surveys can help school nutrition directors focus improvement efforts on key factors that can influence participation and students' perception of, and satisfaction with, their school lunch experience.

To download the guide, [click here](#).



Success Story



West Harrison High School Students attended one of the Team Nutrition Youth in Action for a Healthy Iowa symposiums held in February. The students that attended have developed healthy menus for the school lunch program to be implemented. They have also utilized the Food and Fitness Craze kit during lunch that they received at the symposium. Their future plans include working with fundraising groups to offer healthier options and are looking to add physical activity time for high school students on a daily basis in a shortened period. For more information contact Troy Maasen at tmaasen@w-harrison.k12.ia.us.

Website Wisdom

MyFood-a-pedia is a new online tool that gives consumers quick access to nutrition information for over 1,000 foods. The MyFood-a-pedia provides calorie count information on the contribution of the food to the five food groups people need to be healthy. To check it out [click here](#).



Iowa Department of Education
Team Nutrition Program
Grimes State Office Building
www.iowa.gov/educate
phone: 515.281.5356

Youth in Action for a Healthy Iowa Awards!

The following schools attended one of the Team Nutrition Youth in Action for a Healthy Iowa symposiums held in February and received a *Youth in Action for a Healthy Iowa Award* for positively engaging students in their school wellness efforts. Be looking for each of their success stories to be featured on the first page of this newsletter and future newsletters.

North High School –Des Moines
Melcher Dallas High School
West Harrison High School
Davenport West High School
North Linn High School
Bishop Garrigan High School
Central Clinton High School
Wapello High School
Maquoketa High School
Solon High School
Central City High School
Highland High School
Storm Lake High School
Mediapolis High School
Woodbine High School
Newell-Fonda High School
Shenandoah High School



Team Nutrition Resource of the Month

Team Nutrition Events Calendar

The Events Calendar and Companion were developed to help you plan and conduct creative nutrition education activities that support healthy school meals. The Calendar lets you see at a glance the many opportunities for coordinating nutrition education with events throughout the year. We wish you an exciting and successful year as we continue working together toward our goal -- healthy children. To view the events calendar [click here](#).



How to Host a Health Fair

Hosting a health fair in your community is a great way to attract community members, provide them with a wealth of health information, and showcase your school wellness environment. Indiana Action for Healthy Kids created a fact sheet that outlines the steps to hosting a successful health fair at school. To view the fact sheet [click here](#).



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OCR.Chicago@ed.gov